

B-2 HOOP RELAY

Equipment: Designated starting line
Designated line or circle to place the hoop
4 hula-hoops

Directions:

1. Line up each team behind the starting line. Check numbers on each team to see if they are equal. Have team members take extra turns if necessary.
2. On the signal, the first person from each team will run down and retrieve their hoop. After they return with it, each other member of the team must go through it. Then that person returns the hoop to its original starting place.
3. After their turn, they run back and "tag" the next person in line and the process repeats.
4. First team done and sitting down behind starting line wins.